Introductory article

This introductory article prepared for those people - athletes, doctors, therapists, etc. who want to know more about IBSF Para Sports, as well as to understand the environment in which the athlete is exposed to activity.

IBSF Para Sports, as well as bobsled and skeletons is a high-risk sport and this sport athlete is exposed to various external factors:

• G force - depending on the track, it may reach 5G what is affecting the circulatory system. Increased gravitational pressure athlete accelerate heartbeat. If the body is not trained and accustomed to the load, as the first signal begins with a visual field loss as well as visual acuity and contrast can remain fainter. Athlete subjected to these forces for a longer period of time, it can lead to unconsciousness. (1)

• Coldness – athletes during training and competition can be affected by cold weather. The distal part of the body temperature fell to -3.7 degrees on the upper limbs, as well as -11.8 and more degrees in lower body limbs. Measurement was made for athletes in Para Bobsleigh and Para Skeleton. (2)

• Moisture – in this sport athlete is spending his track time on the ice or snow. Snow or ice may get on the clothes or other surfaces of sled, so melting it moisturize clothes, and can contribute to skin disadvantage

• Speed - track speed reaches 130 km/hour.

• Vibration - vibration while driving the sleds remains within normal limits. (3)

• Risk of injury - any inattention or lack of concentration can lead to injuries. Protective pads are one of the way to protect the body from bruises, abrasion or fracture. (2)

If the athlete is not prepared for high intensity physical load, it can lead to injuries occurred. Participation in this sport is to understand each athlete and should consult with your doctor about the external impact of environmental factors on health, as well as the consequences that may arise in dealing with this sport.

1 - McKenzie I., Heart rate and blood pressure variability in subjects exposed to stimulated increases in gravity. Experimental Physiology. 1993, 825-834.


...very fast, very intense sport and allowing people with disabilities to be a part of it...

/Brian McPherson
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...some guys need to have that high-energy sport and high-adrenalin, and I think this sport is perfect for those...
/Lonnie Bissonnette
1. PURPOSE OF CLASSIFICATION

IBSF Para Sports Classification have been constructed in conjunction with International Rules and Regulations of the International Bobsleigh and Skeleton Federation (IBSF) with purpose to determine Eligibility to compete in Para Skeleton, Para Bobsleigh and Para Bobsleigh Push.

This Classification is constantly being updated and improved to make competition as fair as possible. In order to ensure fair play, every Athlete is expected to act in good faith for the integrity of the Sports.

Classification provides a Guideline to the process by which Athletes are assessed by Classifiers and further, to explain the meaning of the Classification process.

2. CLASSIFIERS

2.1. CLASSIFIER ELIGIBILITY

Classifiers are individuals with formal medical and/or health-related education and training in neuromuscular evaluation and testing (for example, physicians, physical therapists or physiotherapists and occupational therapists).

To be eligible to become a Classifier in IBSF Para Sports an individual must have the following prerequisites:

2.1.1. Experience in the evaluation of individuals with impairment and activity limitation, especially those most common in Para Bobsleigh & Para Skeleton Sports (such as spinal cord injury and other neuromuscular and orthopedic conditions);

2.1.2. Knowledge of Para Bobsleigh & Para Skeleton Sports and a willingness to increase knowledge through participating in the Para Bobsleigh & Para Skeleton events and Para Development Schools and Competitions;

2.1.3. Demonstrate competence in manual muscle testing of the upper and lower extremities and trunk;

2.1.4. To make a final determination of eligibility to become a Classifier in IBSF Para Sports, the interested individual must submit the IBSF Classifier Application and any other requested documents needed to confirm credentials and qualifications.

2.2. PURPOSE OF CLASSIFIERS

During a competition, Members of the International Classification Panel should not have any other duties or official responsibilities that are not in connection with Classification.

The duties of a Classifier include:

2.2.1. Work as a Member of a Classification Panel to allocate Athlete sport class and sport class status;

2.2.2. Classifiers will observe players in training and in competition to ensure that eligibility and classification results are consistent;

2.2.3. Work as a Member of a Protest Panel as required to conduct Athlete evaluation and resolve an objection to an Athlete’s sport class.;

2.2.4. Classifier’s duties consists of evaluating the classification system and recommending improvements and classifications to the IBSF Para Sport Committee.
2.3. Classifiers Code of Conduct

2.3.1 General principles

2.3.1.1 The role of Classifications is to act as impartial evaluators in determining a player’s Sport Class and Sport Class Status. The integrity of Classification in Para Bobsleigh, Para Bobsleigh Push and Para Skeleton rests on the professional conduct and behavior of each individual Classifier.

2.3.1.2 The Classifier Code of Conduct includes:

- Recognition of the need to preserve and encourage confidence in the professionalism of Classification Rules and the Classification Personnel. This confidence must be inherent within all those involved in Para Bobsleigh, Para Bobsleigh seated and Para Skeleton and within the general public;
- Description of transparent and agreed-upon standards of practice and provide a meaningful set of guidelines for professional conduct of Classification Personnel;
- Provision to others (including, but not limited to athletes, athletes support personnel, administrators, Organizing Committees, media and the public) of criteria by which to assess the professional conduct of classification personnel.

2.3.2. Classifier compliance with the Classifier Code of Conduct

2.3.2.1 Classifiers should value and respect the Athletes and Athlete Support Personnel and:

- Treat Athletes and Athlete Support Personnel with understanding, patience and dignity;
- Be courteous, objective, honest and impartial in performing their classification duties for all Athletes, regardless of team affiliation or national origin.
- Accept responsibility for all actions and decisions taken and be open to discussion and interaction with Athletes and Athletes Support Personnel in accordance with the International Standard for Athlete Evaluation and the International Standard for Protest and Appeals, and the IF and/or competition rules;
- Perform classification duties and related responsibilities while not being under the influence of alcohol or illegal substances;
- Maintain confidentiality of Athlete information wherever possible, according to the International Standard for Athlete Evaluation and the International Standard for Protest and Appeals.

2.3.2.2 Classifiers should respect the Classification Rules and:

- Accurately and honestly represent their qualifications and abilities when applying for training and certification and when accepting classification appointments to competitions;
- Understand the theory and practical aspects of the Classification Rules and make them widely known and understood by Athletes and Athlete Support Personnel;
- Continuously seek self-improvement through study of the Sport, Classification Rules, mentoring lesser-experienced classifiers and developing trainee classifiers;
• Perform duties without yielding to any economic, political, sporting or human pressure;
• Recognize that anything that may lead to a Conflict of Interest, either real or apparent, must be avoided;
• Disclose any relationship with a team, athlete or Athlete Support Personnel that would otherwise constitute a Conflict of Interest.

2.3.2.3. Classifiers should respect their colleagues and:
• Treat all discussions with colleagues as confidential information;
• Explain and justify decisions without showing anger or resentment;
• Treat other Classifiers with professional dignity and courtesy, recognizing that it is inappropriate and unacceptable to criticize other Classifiers, Competitions Officials or Technical Advisers in public;
• Publicly and privately respect the decisions and decision making process of fellow Classifiers, Competitions Officials and Technical Advisers whether you agree or not;
• Share theoretical, technical and practical knowledge and skills with less experienced Classifiers and assist with the training and development of Classifiers in Para Bobsleigh and Para Skeleton.

2.3.3. National classifier duties
• Organise national classification procedures and arrange documentation for international classification process;
• Organise national level competitions together with National Federation;
• Communicate with national and international parties about classification processes and help to organize international level competition in local tracks;
• Participate in the exchange of experience, competency-raising courses in training weeks or other IBSF organised courses or studies.

2.3.4. International classifier duties
• Organise international classification procedures and supervise national classifiers duties and work execution;
• Organise international level competition together with IBSF and host classifier;
• Participate in the monitoring of the classification process and work on its improvement;
• Improve own and other classifier knowledge through IBSF organised courses or studies.

2.3.5. Consequences of Non-compliance with Classifier Code of Conduct
• The IBSF will take disciplinary action against Classifiers if a violations of the Classification Code of Conduct occurs;
• Classifiers must acknowledge and accept that disciplinary action against them may include a variety of sanctions from verbal or written reprimands to decertification as a classifier to the IBSF.
3. **ATHLETES**

3.1. **ATHLETE RESPONSIBILITIES**

- The Athlete is responsible for educating themselves on the rules and staying up to date with changes to the rules;

- Athletes must cooperate fully, honestly and in good faith. If the Classifiers believe that the Athlete is not cooperating with the Classification Process, then the Athlete will not be eligible to compete in IBSF Para Sports until such time as decided by the IBSF and will receive a new call for Classification;

- Athletes must arrive at the assigned time with their equipment;

- The Classification Process will be conducted in English;

- Athletes must dress appropriately and bring all documentation, equipment and devices that he/she uses on the Ice Track Venue;

- Athletes must bring safety guards, helmet, equipment, straps or assistive devices, prostheses or orthotics which they use during the Competition;

- Athletes who are undergoing Classification have the right to choose an Observer to be present during the Classification Process. The Observer is only there to witness the process and as appropriate, facilitate the Classification Process for the translation of medical terms;
4. CLASSIFICATION

The following (section 4.1. – 4.4) is adapted from:

1) Tweedy, S.M. & Bourke, J. (2009), IPC Athletics Classification Project for Physical Impairments: Final Report – Stage 1, IPC Athletics, Bonn;

and assembled with:

2) IBSF Para Sport Committee analysis, observations and measurements in 2014/2015 season.

An athlete may compete in IBSF Para Sports:

• if they have a permanent impairment that alters the biomechanical execution of the running action in a way that is demonstrable and which will adversely affect sports performance. The effect of the impairment is considered without aids or prosthetics;

• if they meet Minimal Disability Criteria and they can do Para Bobsleigh or Para Skeleton sport specific tasks;

• if he/she has had a permanent physical impairment which in the opinion of the “Classification Panel" reduces the function of the lower limbs to a degree where they cannot run or jump at a speed and with the control, safety, stability and endurance of an able-bodied Bobsleigh and Skeleton athlete;

• if the physical impairment can be objectively verified by acknowledged medical and/or paramedical investigations such as measurement, x-ray, CT, MRI or similar objective measurement tools

• if he/she has had hip, knee or ankle joint replacement and can provide confirmation of the relevant surgery from their attending physician or surgeon along with supporting verification x-rays/scans are deemed to have met the Minimal Disability Criteria

Request for Classification by a Member Nation

Member Nations are able to request Classification in their own country under the following conditions:

• For national level:
  National classifier must be provided by National federation and approved by IBSF;

The Member Nation will be responsible for the costs of all travel, accommodation and food for Classifier(s).

• For International level
  International classifier must be approved by IBSF;
  Both Classifiers must be from another country than Athlete;
  The Member Nation will be responsible for the costs of all travel, accommodation and food for Classifier(s).

  All administration for Member Nations requesting Classification and payments must be done through the IBSF Office.
### 4.1. ELIGIBLE IMPAIRMENT TYPES (IN LOWER EXTREMITIES)

<table>
<thead>
<tr>
<th>Working description</th>
<th>Examples of health conditions likely to cause such impairments</th>
<th>Impairment as described in the ICF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertonia</td>
<td>Cerebral palsy, spinal cord injury, pina bifida</td>
<td>High muscle tone, Low muscle tone</td>
</tr>
<tr>
<td>Limb deficiency</td>
<td>Amputation resulting from trauma or congenital limb deficiency (dysmelia)</td>
<td>Total or partial absence of the bones or joints of the lower extremities</td>
</tr>
<tr>
<td>Impaired Passive Range of Movement (PROM)</td>
<td>Arthrogryposis, ankylosis</td>
<td>Joint mobility Exclusions: hyper mobility of joints</td>
</tr>
<tr>
<td>Impaired muscle strength</td>
<td>Spinal cord injury, spina bifida</td>
<td>Muscle power</td>
</tr>
<tr>
<td>Leg length difference</td>
<td>Congenital or traumatic causes of bone shortening in one leg</td>
<td>Aberrant dimensions of bones of right lower limb OR left lower limb Inclusions: shortening of bones of one lower limb Exclusions: shortening of bones of lower limbs; any increase in dimensions</td>
</tr>
</tbody>
</table>
4.2. EXCLUSIONS

Some specific exclusions are noted in the list below. Note that if an impairment is listed as an exclusion, this means that people with those impairments and only those impairments cannot be classified in this system. For instance, cardiovascular impairment is listed as an exclusion. This indicates that a person with only a cardiovascular impairment cannot be classified in this system. However a person who was affected by hypertonia and also had a cardiovascular impairment would be eligible for this system because hypertonia is an eligible impairment. However such an athlete’s class should only reflect the extent of activity limitation resulting from the eligible impairment type (hypertonia) and not ineligible types of impairment. Vision impairment would be another example. People who have vision impairments (as people with brain injury sometimes do) may compete in this system, but only if they also have an eligible impairment (e.g., hypertonia or ataxia).

The following impairments are exclusions in this System:

- Mental functions (b140-189), for example impairments of:
  1) psychomotor control (b1470) – mental functions that regulate speed of behavior or response time that involves both motor and psychological components;
  2) quality of psychomotor functions (b1471) – mental functions that produce nonverbal behavior in the proper sequence and character of its subcomponents, such as hand and eye coordination or gait;
  3) visuospatial perception (b1565) – mental functions involved in distinguishing by sight the relative position of objects in the environment or in relation to oneself;
  4) higher-level cognitive functions required for organization and planning movement (b1641);
  5) mental functions required for sequencing and coordinating complex, purposeful movements (b176).
- Hearing functions (b230-249);
- Pain (b280 – b289);
- Joint stability (b715), such as unstable shoulder joint, dislocation of a joint;
- Muscle endurance functions (b740);
- Motor reflex functions (b750);
- Involuntary movement reaction functions (b755);
- Tics and mannerisms (b7652), Stereotypies and motor perseveration (b7653);
- Cardiovascular functions (b410-429);
- Respiratory functions (b440-449)
4.3. Overview of the classification process for the IBSF Para Bobsleigh, Para Bobsleigh Push and Para Skeleton Classification System for Physical Impairments

Athlete is sending Medical Diagnostic Form to classification@ibsf.org

In 3 weeks, athlete receives further information about:
1) documentation is accepted and athlete is ready to further procedure;
2) athlete needs to add additional documentation;
3) athlete is not Eligible.

After documentation review, athlete will be notified about possibilities where athlete can meet national classifier and make assessments.
...because it is a sport that you need to be fit...
/Davin Bretherton

...I would say it’s the craziest sport I’ve ever done...
/Mark Urquhart
4.4. Minimal Disability Criteria in lower extremities for Para Bobsleigh and Para Skeleton

If Minimal Disability Criteria is affecting only one lower extremity athlete is Eligible for PB P Class or PS Class, but if this Criteria is affecting both lower extremities athlete is Eligible for PB.

4.4.1. Hypertonia

Hypertonia is defined as increased muscle tone which is caused by central nervous system impairment and which results in increased resistance to passive lengthening of the muscle (1). One of the following types of hypertonia must be clearly clinically detectable – i.e., grade 1 on the Ashworth scale – at the ankle, knee or hip.

4.4.2. Limb deficiency – Lower limb. Complete unilateral amputation of half the length of the foot (i.e., measured on the nonamputated foot from the tip of the great toe to the posterior aspect of calcaneus) or equivalent congenital limb deficiency.

4.4.3. Impaired Passive range of movement (PROM)

Method of assessment: Unless otherwise indicated, PROM should be assessed using the protocols described by Clarkson (3). In brief, measurement of PROM requires the athlete to relax completely while the classifier moves the joint of interest through the available range. The athlete is relaxed and is not attempting voluntary movement during these tests. Active range of movement or AROM (i.e., where the athlete is asked to move the joint themselves, without assistance) is assessed as a component of conventional muscle power testing (see section on testing muscle power in this document). Approach used in development: The development of these criteria is based upon research indicating the range of movement required for sprinting (4, 5).

4.4.3.1. Impaired PROM - Lower limb

An athlete who has impaired PROM in the lower limbs may be eligible to compete in one of two ways. They may have impaired PROM that meets:

- one of the 5 primary criteria presented in 4.4.5.1.i.; OR

4.4.3.1.i. Primary Criteria for impaired PROM - Lower limb

Athletes are eligible if they meet ONE OR MORE of the following criteria:

Primary Criterion #1 – Hip flexion deficit of ≥60°. The figure 1 (page 37) shows normal anatomical range of 120° hip flexion (6) and the maximum amount of hip flexion ROM that is permissible in order to meet this criterion (60° hip flexion);

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Primary Criterion #2 – Hip Extension deficit of $\geq 40^\circ$. The figure 2 (page 37) shows normal anatomical range of $20^\circ$ hip extension (6). The neutral position ($0^\circ$) is also shown, as is the maximum amount of hip extension ROM that is permissible in order to meet this criterion ($40^\circ$ hip extension deficit);

Primary Criterion #3 – Knee Flexion deficit of $\geq 75^\circ$. The figure 3 shows normal anatomical range of $135^\circ$ knee flexion (6) and the maximum amount of knee flexion ROM that is permissible in order to meet this criterion ($60^\circ$ knee flexion);

Primary Criterion #4 – Knee Extension deficit of $\geq 35^\circ$. The figure 4 shows normal knee extension range – i.e., $0^\circ$ flexion (6) and the maximum amount of knee extension ROM that is permissible in order to meet this criterion (extension deficit of $35^\circ$);

Primary Criterion #5 – Less than or equal to $10^\circ$ ankle dorsi / plantarflexion available in the range between $10^\circ$ dorsiflexion and $25^\circ$ plantar flexion. Test conducted with knee in $90^\circ$. The outer (dashed) lines in the figure 5 show $10^\circ$ dorsiflexion and $25^\circ$ plantar flexion – this range was chosen because it is the range of ankle movement used in running (4, 5). The inner lines show an example of a $10^\circ$ arc within this range – this is the maximum PROM is that is permissible in order to meet this criterion. Normal anatomical PROM is not shown in the figure but is $20^\circ$ dorsiflexion to $45^\circ$ plantar flexion (6).
**4.4.4. Impaired Muscle Power - Lower limb**

Classifiers should satisfy themselves that impaired muscle power results from injury or pathological deficits in the neuromusculoskeletal system and not from chronic disuse.

Method of assessment: Muscle power will be assessed according to the Daniels and Worthingham (D&W) scale published in the 2002 (6). The scale has 6 levels, from 0-5:

- **5**: normal muscle power through available ROM;
- **4**: active movement through available ROM, against gravity plus some resistance;
- **3**: active movement through full available ROM against gravity but no resistance;
- **2**: active movement with gravity eliminated (some movement against gravity may be possible, but not full range);
- **1**: trace muscle activity but no movement of the limb;
- **0**: No muscle activity.

**NOTE:** While manual muscle testing methods in this System are based upon the published D&W text (6), some elements have been modified in order to make the grades more relevant to the sport of athletics.

Approach used in development: Not all muscle actions make an equal contribution to running (for example, hip extension is much more important to running performance than hip adduction). Therefore criteria have been developed for the major individual muscle actions of the lower limb (e.g., impaired power for hip flexion, hip ext). The main muscles actions of the lower limbs have been divided into three categories:

- **“principal”** – those muscle actions making direct or major contribution to the generation of forward momentum;
- **“supporting”** – muscle actions contributing indirectly to generation of forward momentum by stabilizing segments or providing counter-rotational movements;
- **“minimal impact”** – muscle actions which would be unlikely to meet the general standard, even if they were severely weakened. Because Principal muscle actions are more important, fewer muscle grade points need to be lost from these actions in order to meet the General standard, than the Supporting muscle actions.
4.4.4.1. Impaired muscle power - Lower limb

An athlete who has impaired muscle power in the lower limbs may be eligible to compete in disability athletics in one of two ways. They may have impaired muscle power that meets:

- One of the 7 primary criteria presented in 4.4.6.1.i.; OR

4.4.4.1.i. Primary Criteria for impaired muscle power (Lower limb) Athletes are eligible if they meet ONE OR MORE of the following criteria:

Athletes are eligible if they meet ONE OR MORE of the following criteria:

Primary Criterion #1 – Hip flexion loss of 3 muscle grade points (muscle grade of two). The figure shows manual resistance being applied at 90\(^\circ\) hip flexion. To meet this criterion the athlete should not be able to actively flex the hip to 90\(^\circ\) against gravity OR, if PROM is <90\(^\circ\), should not be able to actively flex through available PROM;

Primary Criterion #2 – Hip extension loss of 3 muscle grade points (muscle grade of two). The figure shows manual resistance being applied at 5\(^\circ\) hip extension. To meet this criterion the athlete should not be able to actively extend the hip 5\(^\circ\) against gravity;

Primary Criterion #3 – Hip Abduction loss of 3 muscle grade points (muscle grade of two). The figure shows manual resistance being applied at 5\(^\circ\) hip abduction. To meet this criterion the athlete should not be able to actively Abduct the hip 5\(^\circ\) against gravity;

Primary Criterion #4 – Hip Adduction loss of 4 muscle grade points (muscle grade of one). The figure shows the athlete in a gravity eliminated position for adduction and the examiner has moved the leg into 10\(^\circ\) of abduction. To meet this criterion the athlete should not have any active adduction in the direction of the arrow.

Primary Criterion #5 – Knee extension loss of 3 muscle grade points (muscle grade of two). The figure shows manual resistance being applied at full knee extension (0\(^\circ\) flexion). To meet this criterion the athlete should not be able to fully extend the knee against gravity OR, if knee extension is restricted, should not be able to actively extend through available PROM.

Primary Criterion #6 – Ankle plantar flexion loss of 3 muscle grade points (muscle grade of two). The outer (dashed) lines on the figure show 0\(^\circ\) plantar flexion and 45\(^\circ\) plantar flexion (normal anatomical AROM). The center line shows the athlete raising her heel in 25\(^\circ\) plantar flexion. In the Daniels and Worthingham system plantar flexion is tested differently to all other muscle groups (6). Below is the method with the range of movement adjusted from full anatomical to 25\(^\circ\) (the ROM required for running). Grade 5 = can do 20 single leg heel rises to 25\(^\circ\); Grade 4 = can do 10-19 single leg heel rises to 250; Grade 3 = can do 1-9 single leg heel rises to 250; Grade 2 = can’t complete 1 heel rise to 25\(^\circ\). In lying may complete full ROM with resistance. Grade 1 = in lying, trace muscle activity but no actual movement.
Primary Criterion #7 – At least two of the following three muscle actions must have a loss of 3 points each: Ankle Dorsiflexion, Ankle Eversion, and Ankle Inversion. Test conducted in sitting, knee in 90°.

The top left figure shows inversion and eversion and the top right shows 0° dorsiflexion and 10° dorsiflexion. To meet this criterion the athlete must not be able to perform two of the following movements:

Active eversion through available PROM;
Active inversion through available PROM;
Active dorsiflexion to 10°.

Muscle power in knee flexion is not expressly examined as an independent criterion. Knee flexors are active in late swing and act to retard forward swing of the leg. Impaired power would only result in a more rapid knee extension prior to contact and therefore this is not important. Moreover the main knee flexors contribute to other Principal muscle actions - Hamstrings perform hip extension and Gastrocnemius plantar flexes – so any weakness in these muscles will be reflected in assessment of those actions.

4.4.5. Leg length difference

The difference in length between right and left legs should be at least 7cm. To measure, the athlete should lie supine with legs relaxed and fully extended. Measure from anterior superior iliac spine to the tip of the medial malleolus on each leg and then compare.
4.5. Trunk control examination and adaptations

4.5.1. Board test for trunk function

To conduct the Board Test, the following equipment is required:

Testing board with 3 straps;
1 kg medicine ball;
Knee flexion roll;
Wooden wedges to stabilize board.

The testing board requires the following components:

Wooden top board and two rockers;
Slits cut on both sides;
Straps in slits to hold athlete’s hips, knees and ankles firm during testing;
Velcro or snap fastenings on straps;
Top can be covered with thin compressed foam to stop athlete slipping.

4.5.2. Trunk function is assessed by way of the Board Test, which consists of the following 5 tests:

Test 1: Sitting balance, in the sagittal plane. Sitting with the hands behind the neck, flex forwards at the waist as much as possible. Then extend the trunk and lift to a position of 45° forward flexion. Hold that position, keeping the hands behind the neck. The test board is secured for this test;

Test 2: Sitting balance in the sagittal plane. Arms folded over the chest, extend back to hold 45° backward extension;

Test 3: Sitting balance in the sagittal and frontal planes. Free rotation of the trunk, in sitting, arms fully abducted;

Test 4: Sitting balance in the frontal plane. The athlete has arms abducted and tilts the testing board from side to side, shifting the body weight sideways and maintaining the maximum tilt without losing balance;

Test 5: Sitting balance, in the frontal and sagittal planes to test stability of trunk and pelvis. A 1kg ball is placed beside the athlete’s hip at the level of the testing board. The athlete picks up the ball with both hands and lifts the ball above the head to place it beside the hip on the opposite side of the testing board. Repeat in the other direction.
4.5.3. Trunk control evaluation

For each test of the Board Test, one of the following scores are allocated:

- 0 = No function, test impossible;
- 1 = Weak or poor function;
- 2 = Fair function;
- 3 = Normal function.

4.5.4. Adaptation of the seat

<table>
<thead>
<tr>
<th>Points in Board Test</th>
<th>Illustration</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 points</td>
<td></td>
<td>Seat height complies with regular Bobsleigh seat height - 25 cm</td>
</tr>
<tr>
<td>6 - 14 points</td>
<td></td>
<td>Seat height is higher and reaches 30 cm.</td>
</tr>
<tr>
<td>0 – 5 points</td>
<td></td>
<td>Seat height is higher and reaches 35 cm.</td>
</tr>
</tbody>
</table>

4.6. Sport Specific Tasks for sport classes PB and PBP

4.6.1. Task 1. – The ability to pull the braking device with force more than 60 kg.

For this Task, the athlete is sitting on Board Test and pulling device in front of athlete for braking simulation in from of his body. Athlete who can pull and hold this device for 5 seconds can pass to the next sport specific Task.

4.6.2. Task 2. – The ability to get in and get out of the sled without assistance.

For this Task, the athlete needs to show his ability to be independent and fit to transfer his body in and out the sled.

4.6.3. Task 3. – The ability to take a safe body position in the sled after rollover.

For this Task, the athlete needs to show his ability to keep safe position, when the sled is turned over.
4.7. Sport Specific Task for sport class PS

Task 1. – The ability to take starting position on the sled.

For this task athlete need to show his ability to take starting position to participate in sport against all other athletes.

4.8. Adaptation of prosthesis in sport class PS

All adaptations including prosthesis which an athlete is using during Para Skeleton or Para Bobsleigh require authorization of International Classification Panel. All adaptations must be shown during classification. If a change in adaptations occurs after athlete is classified the new equipment must be shown to a classifier and approved prior to it being used in competition. If this condition is violated, than athlete can be disqualified.

4.9. Observation assessment

Sports specific assessment, which entails observation and assessment during classification process and in-competition observation of the athlete. Performance should be under conditions and at an intensity that are as close as possible to competition conditions and it should be much less similar to the performance shown in the classification process

It includes:

- Observation assessment will be during the first evaluation, training weeks and the World Cups and Championships;

- All in-competition observations should be recorded on an observation sheet or video recorder, which will be returned to and retained by the Chief Classifier;

- In the case of confusion, classifiers with IBSF Jury president approval can revise track video material;

- The assessment form is issued before each event from Chief Classifier and valid for the entire duration of the event.
5. SPORT CLASS SATUSES

In Para Bobsleigh & Para Skeleton the Athlete receives status of Sport Class:

New – N;
Review – R;
Confirmed – C.

5.1. The (N) Sport Class Status is used when:

An Athlete is a new Athlete/Beginner who has not been previously evaluated by an International Classification Panel;

The Athlete has been practicing for first time and it is the Athlete’s first International Classification;

The Athlete has a changing condition with fluctuating impairment; and should be reviewed prior to a competition;

Sport class status N includes Athletes who have been allocated a Sport Class by their National Federation for entry purposes.

Athletes with sport class status N must complete Athlete Evaluation prior to competing at international competitions;

The Athlete has a non-progressive, acquired injury of two years duration or less. The Athlete should be examined one year after the Initial evaluation at which point the N sport class status should be removed or changed to R if further review is necessary or C.

5.2. The (R) Sport Class Status is used when:

Athletes require further observation during competition or season to confirm their sport class;

Athletes previously evaluated by an International Panel continue to require review to confirm their sport class;

The Athlete’s sport class is valid for entry in a competition, but the Athlete is subject to re-evaluation and the sport class may be changed before or during competition;

When the R sport class status is removed from a new Athlete undergoing his/her first classification at an International Event, this evaluation will be considered as the Athlete’s first international sport class.

5.3. The (C) Sport Class Status is used when:

An International Classification Panel has previously evaluated an Athlete and the Panel has confirmed that the sport class will be assigned for 4 years;

The Athlete demonstrates significantly less or greater ability prior to competition that does not reflect the athlete’s current sport class;

There is a change in the sport class allocation criteria (change in classification rules).
6. PROTESTS

• The term “Protest” is used in these Rules refers to the procedure by which a formal objection to the allocation of a Sport Class is made and subsequently resolved.

• A National Body may make a Protest in respect of a Sport Class of any Athlete who entered the relevant Competition where Classification is offered with either Sport Class Status New (N) or Sport Class Status Review (R).

• The decision that is the subject of the Protest is referred to in this part of the Rules as “the Protested Decision”, and the Athlete in respect of whose Sport Class the Protest is made is referred to as “the Protested Athlete”.

• The Chief Classifier for the relevant Competition may make a Protest in respect of any Athlete regardless of their Sport Class Status pursuant to the provisions contained in these Rules regarding Protests under Exceptional Circumstances.

• An Athlete's Sport Class may only be protested once in any individual Competition, unless an additional Protest is made pursuant to the provisions concerning Protests made in Exceptional Circumstances.

• The National Body making a Protest is responsible for ensuring that all Protest process requirements are observed.

6.1. Protests submissions

• A Protest may only be submitted by a National Body, an Athlete cannot submit a Protest.

• The Chief Classifier, or a person designated IBSF Para Sports for the relevant Competition, will be the person authorized to receive Protests on behalf of IBSF Para Sports.

• If a Classification decision is published during the Classification Evaluation Period, the National Body must make a Protest within one (1) hour of the Classification decision being published.

• Protests must be made by way of a designated Protest Form that will be made available by IBSF Para Sports at the relevant Competition. The Protest Form will prescribe certain information and documentation that must be submitted with the Protest form.

6.2. Protests will include the following:

• Name, Nation and Sport of the Athlete whose Sport Class is being protested;

• The details of the Protested Decision;

• An explanation as to why the Protest has been made and the basis on which the National Body believes that the Protested Decision is flawed;
• All documents and other evidence referred to in the Protest;
• The signature of the authorized National Body; and
• A Protest Fee of 200 EUR.

• Upon receipt of the Protest Form the Chief Classifier will conduct a review of the Protest submission. If it appears to the Chief Classifier that the Protest is not made bona fide or is based on mere assertion without credible supporting evidence and/ or the Protest submission is otherwise not in compliance with these Rules, the Chief Classifier shall decline the protest and notify all relevant parties. In such cases the Chief Classifier shall provide a written explanation to the National Body as soon as is practicable. The Protest fee will be retained by IBSF Para Sports.

• If the Chief Classifier declines a Protest, the National Body may resubmit the Protest if it is able to remedy the deficiencies identified by the Chief Classifier in respect of the Protest. The time frames for submitting a Protest shall remain the same in such circumstances. If a National Body resubmits a Protest, all protest procedure requirements will apply. A second Protest fee must be paid.

6.3. Resolving a Protest

• If the Protest is accepted, the Chief Classifier shall appoint a Classification Panel to conduct Athlete Evaluation in respect of the Athlete. This Classification Panel is referred to as a “Protest Panel”.

• A Protest Panel should comprise, at a minimum, the same number of Classifiers as those comprised in the Classification Panel that made the Protested Decision. Only if practicable given all the circumstances of the Competition, the Protest Panel should comprise Classifiers of equal or greater level of experience and/or certification as who comprised the Classification Panel that made the Protested Decision

• The Protest Panel must not include any person who was a Member of the Classification Panel that made the Protest Decision. Further, it should not include any person who has been a Member of any Classification Panel that has conducted any Athlete Evaluation in respect of the Protested Athlete within a period of eighteen (18) months prior to the date of the Protest Decision.

• IBSF Para Sports will supply all documentation submitted with the Protest Form to the Protest Panel. The Chief Classifier will notify all relevant parties of the time and date for the Athlete Evaluation that will be conducted by the Protest Panel.

• The Protest Panel will conduct Athlete Evaluation in respect of the Protested Athlete according to the provisions concerning Athlete Evaluation in these Rules.
• The Protest Panel may make enquiries of the Classification Panel that made the Protested Decision and the Chief Classifier, if such enquiries will enable the Protest Panel to complete Athlete Evaluation in a fair and transparent manner. In addition, it may seek medical, sport, technical or scientific expertise in its conduct of Athlete Evaluation.

• The Protest Panel will conclude Athlete Evaluation and, if appropriate, allocate a Sport Class. All relevant parties shall be notified of the Protest Panel’s decision as quickly as possible following Athlete Evaluation.

• If the Protest is upheld and the Sport Class of the Athlete is changed by the Protest Panel, the Protest Fee will be refunded to the National Body. If the Protest is not upheld and if the Sport Class of the Athlete is not changed by the Protest Panel, the Protest fee will be retained by IBSF Para Sports.

• The decision of the Protest Panel is final and is not subject to any further Protest.

6.4. Protests under Exceptional Circumstances

• A Protest in Exceptional Circumstances may be made in respect of an Athlete if the Chief Classifier believes that because of exceptional circumstances, the Athlete should undertake Athlete Evaluation in order that his or her Sport Class may be reviewed.

• Examples of exceptional circumstances that may arise that may warrant an Athlete participating in Athlete Evaluation include, but are not limited to:
  • An obvious and permanent change in the degree of Impairment of an Athlete;
  • An Athlete demonstrating significantly less or greater ability prior to or during Competition which does not reflect the Athlete’s current Sport Class;
  • An error made by a Classification Panel which has led to the Athlete being allocated a Sport Class which is not in keeping with the Athlete’s ability;
  • Sport Class allocation criteria having changed since the Athlete’s most recent evaluation.

• The procedure for the making of a Protest in Exceptional Circumstances shall be as follows:
  • The Chief Classifier shall advise the Athlete and relevant National Body that a Protest is being made in Exceptional Circumstances;
  • The Chief Classifier will provide a written summary of the reasons for the making of the Protest, which at a minimum shall explain why the Chief Classifier believes that the Athlete’s Sport Class appears to be inconsistent with the Athlete’s perceived Impairment(s) and/or Activity Limitation(s) and/or with these Rules;
  • The Athlete’s Sport Class Status will be amended to Review (R) with immediate effect;
  • The process for making such a Protest shall be the same as that stated in these Rules in respect of Protests made by National Bodies save that the Chief Classifier is not required to pay a Protest fee.
6.5. Appeals

• An Appeal is a formal objection to the manner in which Classification procedures have been conducted is submitted and subsequently resolved.

• If an Athlete or National Body believes that an unfair decision has been made pursuant to these Rules, he or she may apply to have that decision set aside following the Appeal procedure.

• A decision will be considered unfair, if it has been made in contravention of the procedures set out in these Rules and there is some manifest unfairness associated with the decision such that it should be set aside.

• The outcome of an Appeal will be that either the relevant decision is upheld, or is set aside. An Appeal decision cannot amend a Sport Class or Sport Class Status.
### 7. ATHLETE’S FUNCTIONAL EVALUATING FORM

<table>
<thead>
<tr>
<th>Name</th>
<th>Surname</th>
<th>Country</th>
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<tr>
<th>Left</th>
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<tbody>
<tr>
<td>Hip flexion</td>
<td>Hip flexion</td>
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<tr>
<td>Hip extension</td>
<td>Hip extension</td>
</tr>
<tr>
<td>Hip abduction</td>
<td>Hip abduction</td>
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<tr>
<td>Hip adduction</td>
<td>Hip adduction</td>
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<tr>
<td>Knee flexion</td>
<td>Knee flexion</td>
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<tr>
<td>Knee extension</td>
<td>Knee extension</td>
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<tr>
<td>Plantar flexion</td>
<td>Plantar flexion</td>
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<tr>
<td>Dorsiflexion</td>
<td>Dorsiflexion</td>
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<td>Toe flexion</td>
<td>Toe flexion</td>
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<td>Toe extension</td>
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</table>

**Extension deficit**

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<th>Left</th>
<th>Right</th>
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**Amputee level**

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<th>Left</th>
<th>Right</th>
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**Leg shortening (cm)**

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<th>Right</th>
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**Foot ankylosis (Yes/No)**

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<th>Left</th>
<th>Right</th>
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<table>
<thead>
<tr>
<th>Normal</th>
<th>Abnormal Findings</th>
<th>Initials</th>
</tr>
</thead>
</table>

- Neck
- Back
- Shoulder/Arm
- Elbow/Forearm
- Wrist/Hand
- Hip/Thigh
- Knee
- Leg/Ankle
- Foot

<table>
<thead>
<tr>
<th>Left</th>
<th>Right</th>
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</thead>
<tbody>
<tr>
<td>Shoulder flexion</td>
<td>Shoulder flexion</td>
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<tr>
<td>Shoulder extension</td>
<td>Shoulder extension</td>
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<tr>
<td>Shoulder abduction</td>
<td>Shoulder abduction</td>
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<tr>
<td>Shoulder adduction</td>
<td>Shoulder adduction</td>
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<tr>
<td>Shoulder ext.rotation</td>
<td>Shoulder ext.rotation</td>
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<tr>
<td>Shoulder int.rotation</td>
<td>Shoulder int.rotation</td>
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<tr>
<td>Elbow flexion</td>
<td>Elbow flexion</td>
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<th>Right</th>
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<tbody>
<tr>
<td>Elbow extension</td>
<td>Elbow extension</td>
</tr>
<tr>
<td>Wrist extension</td>
<td>Wrist extension</td>
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<tr>
<td>Wrist flexion</td>
<td>Wrist flexion</td>
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<tr>
<td>Ulnar deviation</td>
<td>Ulnar deviation</td>
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<tr>
<td>Radial deviation</td>
<td>Radial deviation</td>
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<tr>
<td>Finger abduction</td>
<td>Finger abduction</td>
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<tr>
<td>Finger adduction</td>
<td>Finger adduction</td>
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</table>
### Sensation (List spinal level)

<table>
<thead>
<tr>
<th>Normal</th>
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</thead>
<tbody>
<tr>
<td>Spasticity (Yes/No)</td>
</tr>
<tr>
<td>Abnormal</td>
</tr>
<tr>
<td>Modified Ashworth Scale (0-5)</td>
</tr>
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</table>

### Transferring in the sled and out (Para Bobsleigh)

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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</table>

### Pulling and holding the brake device for 5 seconds (Para Bobsleigh)*

<p>| | | |</p>
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### Take starting position on skeleton (Para Skeleton)

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</table>

### Take a safe body position in the sled after rollover

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### Impaired passive range of movement

<table>
<thead>
<tr>
<th>Impaired passive range of movement</th>
<th>Left</th>
<th>Right</th>
<th>Normal</th>
</tr>
</thead>
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<table>
<thead>
<tr>
<th>Hip</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Flexion</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td>Extension</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Abduction</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Adduction</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Knee</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexion</td>
<td>135</td>
<td></td>
</tr>
<tr>
<td>Extension</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ankle</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dorsiflexion</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Plantar Flexion</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Inversion</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Eversion</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>
8. MEDICAL DIAGNOSTIC FORM FOR ATHLETES WHO ARE PARTICIPATING IN IBSF PARA SPORT EVENTS

- This form needs to be completed in English by the athlete and athlete’s individual physician.
- The completed form must be sent to national level classifier for verification at least six weeks before the athlete undergoes athlete evaluation.
- The athlete’s health condition as stated on this form and the resulting impairment must fully explain the loss of function exhibited by the athlete during athlete evaluation. Otherwise no sport class can be allocated by the Classification Panel.
- Reports on additional testing by physicians, physiotherapists and other health professionals are welcomed, where relevant, to complement the medical diagnostic information.
- The International Bobsleigh & Skeleton Federation and Classification Panel can ask for further information to be submitted depending on the individual athlete’s health condition and impairment.

Full name: ___________________________________________________________
Country: ______________________
Address: ___________________________________________________________
Date of birth :(dd.mm.yyyy.)____________________ Female ☐ Male ☐
Height: ___________
Weight: ___________
Phone number: ________________________
Email: _________________________________
Date: _______________

Please check the type of physical disability that the athlete has:
☐ complete spinal cord injury: list spinal level of injury: __________
☐ incomplete spinal cord injury: list spinal level of injury: __________
☐ lower limb deficiency: list side(s) and level of limb deficiency: __________
☐ upper limb deficiency: list side(s) and level of limb deficiency: __________
☐ cerebral palsy
☐ other: _____________________________

Description of the Athlete’s medical diagnosis and the loss of function this health condition results in:

Health condition is: ☐ progressive ☐ stable ☐ fluctuating
Health condition is: ☐ acquired ☐ congenital
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Bone, joint, or other deformity</td>
<td>23.</td>
</tr>
<tr>
<td>2.</td>
<td>Stomach, liver, or intestinal trouble</td>
<td>24.</td>
</tr>
<tr>
<td>3.</td>
<td>Ear, nose, or throat trouble</td>
<td>25.</td>
</tr>
<tr>
<td>4.</td>
<td>Gall bladder trouble or gall stones</td>
<td>26.</td>
</tr>
<tr>
<td>5.</td>
<td>Chronic or frequent cold</td>
<td>27.</td>
</tr>
<tr>
<td>6.</td>
<td>Recurrent back pain</td>
<td>28.</td>
</tr>
<tr>
<td>7.</td>
<td>Rupture or hernia</td>
<td>29.</td>
</tr>
<tr>
<td>8.</td>
<td>Sinusitis</td>
<td>30.</td>
</tr>
<tr>
<td>9.</td>
<td>Tumor, growth, cyst, or cancer</td>
<td>31.</td>
</tr>
<tr>
<td>10.</td>
<td>Head injury</td>
<td>32.</td>
</tr>
<tr>
<td>11.</td>
<td>Paralysis</td>
<td>33.</td>
</tr>
<tr>
<td>12.</td>
<td>Depression or excessive worry</td>
<td>34.</td>
</tr>
<tr>
<td>13.</td>
<td>Pain or pressure in the chest</td>
<td>35.</td>
</tr>
<tr>
<td>14.</td>
<td>High or low blood pressure</td>
<td>36.</td>
</tr>
<tr>
<td>15.</td>
<td>Scarlet fever</td>
<td>37.</td>
</tr>
<tr>
<td>16.</td>
<td>Recent weight gain or loss</td>
<td>38.</td>
</tr>
<tr>
<td>17.</td>
<td>Heart trouble</td>
<td>39.</td>
</tr>
<tr>
<td>18.</td>
<td>Swollen/painful joints</td>
<td>40.</td>
</tr>
<tr>
<td>19.</td>
<td>Frequent/severe headache</td>
<td>41.</td>
</tr>
<tr>
<td>20.</td>
<td>Dizziness or fainting spells</td>
<td>42.</td>
</tr>
<tr>
<td>21.</td>
<td>Leg cramps</td>
<td>43.</td>
</tr>
<tr>
<td>22.</td>
<td>Chronic cough</td>
<td>44.</td>
</tr>
</tbody>
</table>

Explain „✓“ answers:


Past surgical procedures (attach additional page if necessary):

1. ___________________________ Date: ____________
2. ___________________________ Date: ____________
3. ___________________________ Date: ____________

Blood type: ____

Allergies:  □ No known allergies  □ Allergies
1. _______________ Reaction: ________________________
2. _______________ Reaction: ________________________

GLASSES:  □ Yes □ No

CONTACT LENSES: □ Yes □ No
Medication(s) currently used:

Attachments

- The athlete’s health condition as stated on this form and the resulting impairment must fully explain the loss of function exhibited by the athlete during athlete evaluation. Otherwise no sport class can be allocated by the Classification Panel.
- Reports on additional testing by physicians, physiotherapists and other health professionals are welcomed, where relevant, to complement the medical diagnostic information.
- The International Bobsleigh & Skeleton Federation and Classification Panel can ask for further information to be submitted depending on the individual athlete’s health condition and impairment.
- Additional medical documentation must be in English (or translated into English by a certified translation agency)

Therefore, additional, recent and relevant medical documentation has to be attached to this form if the athlete has:

- an impairment or diagnosis that cannot be ascertained by clear signs and symptoms;
- a complex or rare health condition, or multiple impairments;
- limb deficiency (amputation or dysmelia) at the level of an ankle, knee, (Xrays for the respective joints to be enclosed);
- a spinal cord injury (recent ASIA scale results to be enclosed);

one of the coordination related impairments in lower body - ataxia, athetosis or hypertonia (Modified Ashworth Scale scores to be enclosed).

Additional required documentation as it relates to specific impairments is as follows:

- Multiple Sclerosis – brain and spine MRI and lab results confirming MS diagnosis, documentation must be less than six (6) months old;
- Spinal cord injury – Medical report that states the date of injury, mechanism of injury, ASIA score, extent of fixation (if applicable) and any subsequent relevant surgeries that have impacted eligibility criteria;
- Dysmelia in lower extremities – radiograph of limb(s) affected;
- Amputation – report from surgical procedure or documentation noting congenital deformity, radiograph of the residual limb(s);
- Neurological impairments (cerebral palsy, spina bifida or similar) – documentation from medical specialist including discussion of condition, surgeries, all medications used and recent or planned treatments.

Athletes and NPCs/ NFs are advised to observe the Eligible Impairments defined in each Sport’s classification rules, as not all of the impairments mentioned above are considered Eligible Impairments in all sports.
☐ I confirm that the above information is accurate.
Name: ______________________
Health care profession: ______________________
Registration Authority and Number: ______________________
Address: ____________________________________________
City: ______________________
Country: ______________________
Phone: ______________________
E-mail: ______________________
Date: ______________________
Signature: ______________________

☐ I certify that the above-mentioned information is correct. My data will be used to obtain the information for IBSF and will not be disclosed to third person.
Date: ______________________
Signature of Athlete ______________________
8. CLASSIFICATION PROTEST FORM

Protest submitted by: Country:  Position:

According to the Classification Rules, all protests must be presented to the Chief Classifier within the following timelines:

- During the Classification Evaluation Period within one (1) hour of the protested decision being published
- Following completion of Athletes observation in Competition, within fifteen (15) minutes of the protested decision being published.

The protest must include a deposit of €200.00 or its equivalent.

If the Protest fails, the deposit will not be returned.

Date:  Time:  Name of competitor: Country:  Class:

Reason for Protest:

______________________________________________________________

Signature  Position

OFFICIAL USE ONLY

Date and Time received:  Protest fee paid?  Signature of person receiving protest
  Yes  No

Outcome of Protest:

Sport Class Changed:  
Previous Sport Class:____________  Sport Class following Protest:____________

Sport Class Not Changed:  
Details of the decision:

______________________________________________________________

The fee will be returned. Returned  Not Returned

The person making the Protest was informed: Date  /  /  
  Time  

The athlete concerned was informed: Date  /  /  
  Time  

Printed Name of Chief Classifier

Signature of Chief Classifier
9. LIST OF CLASSIFIERS WHO ARE ELIGIBLE TO EXAMINE ATHLETES APPLICATIONS

- Kathy DeTemple (USA)
  International Classifier
  Kathy.detemple@hsc.utah.edu
  Phone (435) 640-4111

- Jeff Erenstone (USA)
  International Classifier
  Erenstone@gmail.com
  Phone (518) 523-2419

- Pia Wedege (NOR)
  International Classifier
  Pia.Wedege@sunnaas.no
  Phone +4790529891

- Helen Blamey (UK)
  International Classifier
  helenblamey@hotmail.co.uk
  Phone +447500045149

- Filips Bernadskis (LAT)
  Head of classification
  Classification@ibsf.org
  Phone +371 200 99462